



## TEXAS EXTENSION ASSOCIATION OF FAMILY & CONSUMER SCIENCES AGENTS

# Texas Extra

### President's Message Kathy Smith

#### 2010 - 2011 LEADERSHIP TEAM :

Kathy Smith  
President

Diana Weise  
President-Elect

Michelle Allen  
1st Vice  
President

Shea Nebgen  
2nd Vice  
President

Julie Smith  
Secretary

Wendi Green  
Treasurer

Marian Ross  
Past President

Amy Baugh  
Texas Extra  
Editor

Peggy Hughes  
4-H Foundation  
Representative

Summer is almost here and I can't believe that in 2 months we will be at the TEAFCS Conference in Fredericksburg. District 10 is planning an awesome conference and I hope everyone will make plans to attend and enjoy this beautiful and fun area of the state.



#### Administration and Specialist Visits

In March, your officers had the opportunity meet with the Texas AgriLife Extension Administration and the FDRM and Nutrition Extension Specialists. Dr. Smith, Mr. Smith, Dr. McGee, Dr. Gibbs, and Dr. Dromgoole visited with us about agency funding, fee based funding, ENP, the 1890s program, and FCS visibility. In the afternoon we met with 18 specialists in FDRM and Nutrition. We learned about grant programs that they are working on and also new programming initiatives.

#### PILD Conference

In April, Diana Weise and I attended the JCEPs Public Issues Leadership Development conference in Washington D. C. The conference was excellent as the conference focused on the USDA and NIFA impact on Extension, Branding and Marketing of Extension. It was also a good opportunity to meet with NIFA specialists and six of our states U. S. Representatives.

A most impacting and powerful speaker was Dr. Marshal Stewart, Associate Direc-

tor, North Carolina Cooperative Extension Service. He spoke on Impact Counts: Telling the Cooperative Extension Story. This is in regards talking to elected officials, stake holders and supporters of Extension. He emphasized the 3 "knows" and the 3 "be's."

**Know who you are.** Have clarity in your message. Use common language. Be concise. Have your stump speech, have your elevator pitch. Protect those above you. Connect your priorities with their priorities.

When speaking to people about Extension, three areas have an impact: Economy – the benefits and value, Education – what was learned, and Health and Well-Being.

**Know who you are talking to.** Politics are about relationships. It is about who you know. All politics is local. Make friends when you don't need them, so that you will have them when you do need them. Always be thankful.

**Know what is important to them.** Know their interests. Do your homework about that person. Remember this is not about you, this is about them. Find something or someone that you have in common. Utilize volunteer advocates from the area that they represent. Training and preparation is the key. Figure out where the real power is. It could be a staffer, a friend or family member. Know how to make your issue their issue.

Continued on p. 2

## President's Message Continued

**Be flexible.** Politics is about compromise. Politics is about negotiation. Make sure you ask for enough.

**Be relentless.** Understand the importance of re-election. It is all about re-election. If you do not run, you can win. If you don't win, you can't govern. You have a network (asset) that they see could be beneficial to them. Follow the money. Review the campaign reports to see who has their interests.

**Be honest.** Do not lie or stretch the truth. Be factual. Don't over compromise. Don't commit someone else unless you are 111% sure of their agreement. Don't agree to something you are not comfortable with.

**He asked 2 important questions:  
How many of you know your legislatures?  
How many legislatures know you.**

**It is equally important for you to know them and for them to know you.**

## Proposed Bylaw Changes

### Proposed Changes to the

### BY-LAWS of the

### TEXAS EXTENSION ASSOCIATION OF FAMILY AND CONSUMER SCIENCES

The Bylaws Committee submits the following changes for consideration by the association membership. These changes will be voted upon at the Annual Business Meeting in July in Fredericksburg, Texas.

Article XVII – Amendments: “By-laws may be amended at any annual or special meeting by a two-thirds vote provided notice of the proposed amendment is published 30 days prior to the meeting at which said amendment is to be voted upon.”

#### Article V – Officers

##### Section III – Term of Office

**CURRENT:** B. The First Vice President, Second Vice-President, and Secretary shall be elected annually to serve for one year.

**PROPOSED:** B. The Second Vice President shall be elected annually to serve a one year term.

**RATIONALE:** To include change in election of officers as listed in Article V, Section III C.

#### Article V – Officers

##### Section III – Term of Office

**CURRENT:** C. The Treasurer shall be elected in the even number years to serve a term of two years.

**PROPOSED:** C. The First Vice President, Secretary and Treasurer shall be elected in even numbered years to serve a term of two years.

**RATIONALE:** To provide stability and continuity of the offices listed above.

#### Article V – Officers

##### Section V – Duties of Officers

##### D. First Vice-President Shall:

**CURRENT:** 3. Receives all state and national award applications on or before February 15.

**PROPOSED:** 3. Receive all state and national award applications on or before national or state deadlines.

**RATIONALE:** To include any changing dates on the state or national level now and in the future.

**Continued on p. 3**



## HIGHLIGHTS FROM AROUND THE STATE

### **District 1**

In Donley County, Andrea Stelting sponsored the annual Health Fair, which was a great success. Thirty-one vendors provided information ranging from diabetes, home health, local and area medical services, health care plans and other valuable resources available to the public. Free screenings were done for all participants. The Department of State Health Services measured participants Body Mass Index (BMI), the Lion's Eye Bank offered glaucoma screenings. Clarendon Family Medical Center, local EMT's and Northwest Texas Hospital hosted a free blood screening for all participants. The screenings available saved Donley County residents \$82.00 individually for an overall total of \$16,400.00. A host of volunteers from the Clarendon Senior Citizen's, Clarendon College and Hall/Donley Farm Bureau helped make this event possible. Two hundred and two residents attended this event.

A Child Safety Seat Checkup event was held April 14 in Spearman under the direction of CEA Peggy Winegarner to call attention to the need for the proper use of child safety seats. Three certified technicians including Myrna Hill, Bev Kellner, and Shonna Covin, were on hand to oversee the event and performed 23 inspections. Although most children arrived at the event in a safety seat, none of them arrived correctly restrained. All of the children left safer than they arrived, with their parents grateful for the education they received. Many thanks to the Spearman Volunteer Fire Department for the use of their facility and to the 7 volunteers who made the day run smoothly.

Molly Forman, Briscoe and Hall County Extension agent, provided a poison prevention program for elementary students in Silverton, Valley, and Memphis. There were a total of 450 students that attended individual class sessions. First, the classes discussed the definitions

and differences in the words Caution, Danger, and Poisonous. Then clear cups with sealed lids were presented to the students. They could not smell the contents in the containers. The students were asked question on what they thought might be in the containers. They were asked if the item were a poison or if the contents were something that we could eat or drink. The items were look-a-likes such as syrup and motor oil, water and rubbing alcohol, apple juice and pine sol. We discussed the effects that poisons can cause if inhaled or ingested. Handouts were provided to students to take home and share with parents. Also handouts were provided to teachers with activities they could take back to their classroom.

In Carson County, Jeanene Montgomery conducted a Stitching Station Workshop, to enhance 4-H members with some basic learning skills they could use from now on. 4-H members learned the basics of sewing on a button, sewing a hem by using a whip stitch; learned how to apply Lite Steam-A-Seam 2 to fabric for preparation of appliquéing onto a T-Shirt; make a decorative hair bow with ribbon; and learned how to make a pin cushion using a jar lid and ring. The 4-H members also had a sewing trivia game on how many sewing notions they could identify.

### **District 2**

#### **Terry County 4-H Monkey Playground Grand Opening**

*By Mary Collier, CEA-FCS/4-H Coordinator*

The Terry County 4-H Monkey Playground hosted a Grand Opening Saturday, April 18, 2011 in Brownfield. This playground, designed for children age 2 to 5 years old, was the vision of a 4-H member, Landon Bradley, who wanted a safe place for his younger brother to play.

At a Brownfield Town Hall meeting in 2007, then 10-year old Landon outlined his idea of a playground for the City Council and the many residents in attendance. He stepped up and not only presented his request, but also detailed his plans to raise money for the equipment. He worked with Mary Collier, CEA-FCS/4-H Coordinator, to gather a committee, the Money 4 Monkey's Committee, to help with this 4-H community service project.

Landon and the committee members worked together to contact local businesses, organizations and individuals to ask for their support of the project. The playground served to be a unifying force for the community as many people donated time, money, labor, and other resources. The County provided the property and the City provided the ground covering for the playground. More than 50 other families and businesses contributed to the project.

This new play area is located at the Family Fitness Park that includes a walking track, exercise equipment and ADA-compliant picnic table. It was important for Landon that the playground be ADA-compliant so that all young children could have a place to play.

The playground is located in a residential area, and many children watched anxiously as it was constructed. The Grand Opening was a wonderful new beginning for them and a satisfying conclusion to this 4-H community service project



## **Terry County Community Adult Resource Education (C.A.R.E.)**

*By Mary Collier, CEA-FCS/4-H Coordinator*

Do you have questions about Alzheimer's disease? Do you know how to qualify for Medicaid? Why do you need a Medical Power of Attorney? How will you get to the next doctor's appointment?

These questions and many more were answered through Terry County Community Adult Resource Education (C.A.R.E.) workshops held in Brownfield. Mary Collier, Terry County FCS Agent scheduled speakers and host church locations for the following workshops:

- \* Alzheimer's Disease Q&A
- \* How to Qualify for Governmental Services
- \* Practical Legal Aspects of Aging
- \* Senior Companion Program and We Care

Each workshop was held from 11:30 a.m. until 1:30 p.m. at a different church. Attendees brought a sack lunch and each church provided drinks. Approximately thirty people attended each workshop. The evaluations completed at the final workshop indicated that each session was valuable to the audience. It has been requested that the workshops be repeated so that others may attend. Additional sessions covering diabetes education, other governmental programs available, and budget management have been requested and will be held in the fall of 2011.

## **District 3**

### **Parker County**

Texas AgriLife Extension Service in Parker County was recognized along with Weatherford ISD Adult Education for Outstanding Community Education Event Award by the Texas Community Education Association at their conference in Kerrville recently and at the ESL awards ceremony recently. The award signified the outstanding efforts at collaborations between Weatherford ISD Adult Education and Texas AgriLife Extension for workshops and pro-

## HIGHLIGHTS FROM AROUND THE STATE

grams, that included “Tools for Becoming a Successful Parent,” Nutrition and Food Safety programs. This effort between the adults education program and Extension service is expanded by the participation of adult education staff in the Better Living for Texans taskforce. This was quiet an honor for us to be nominated and recognized by Weatherford ISD as well as the Texas Community Education Association It great to have the best BLT Assistant and a great group of community support.

Parker County Extension Agents Kayla Neill, Jon Green and Kathy Smith hosted an Adventure Camp during Spring Break. The adventure camp featured outdoor and indoor activities including building a tent, using a compass, making leaf prints, knot tying, first aid, and various other activities. The three day camp reached 24 very active youth. The class will be held again in July.

### **Knox County**

Knox County had a very successful Child Safety Seat Checkup Event in April, checking 38 seats and distributing 28 new seats to families in need. Overall, 74 people attended and received education to make the children of Knox County safer when they travel.

Also, Texas AgriLife Extension Service, Knox County, in conjunction with the Knox County Visioning Team recently completed the second in a series of 6 educational workshops for small business development. Lorrie Coop CEA-FCS, conducted Texas Friendly Hospitality Training for 13 local business owners and employees to help them improve their businesses. This was the first time this program has been offered in the county and it was well received. Plans are being made to offer it in June to youth who will be seeking summer employment.

### **Haskell County**

Texas Extension Education Association (TEEA)

in Haskell County sponsored a Pie Baking Contest as part of the “Texas Independence Day - Haskell County Style” Celebration on March 5<sup>th</sup>. Many local bakers entered their favorite pie recipes which were judged by a panel of local experts. Following the announcement of winners, the public had an opportunity to purchase the pies by the slice or the entire pie.

In addition to the Pie Baking Contest, a celebrity “Pie Challenge” was conducted. Patterned after the 4-H Food Challenge, the Mayor of Haskell and Haskell County Commissioner - Pct. 3 matched up in the challenge. Spectators watched the heated competition that served the purpose of interpreting one of the new 4-H project opportunities to the public.

### **Cottle County**

Cottle County Headstart Parents participated in Fathers Reading Everyday. Headstart Students learned about fruit and transportation by making boats out of apples. Cottle and King County 4-Hers worked on their sewing skills by making pillowcases and laundry bags. Paducah Senior citizens have been learning about My pyramid and food safety.

### **District 4**

#### **4-H Sewing Fun Day and Mystery Field Trip**

Hopkins County 4-H Clothing project members were treated to a fun-filled day for their annual sewing workshop, all for only \$5 and a sack lunch! Johanna Hicks, FCS agent, began the day announcing that the group would go on a mystery field trip – to the local Goodwill Store! They were instructed to use their \$5 to purchase something they would actually wear. Using their consumer shopping skills, the 4-H’ers looked at quality, style, fit and price. They had so much fun shopping, they didn’t want to leave the store! Upon returning to the Extension Office, the 4-H’ers wrote a de-

scription of their selected garment, and prepared for a fashion show.

After lunch, 4-H'ers were given several make-and-take fleece projects from which to select. Projects include "Scarf Safari", "Handprint scarf", toboggans, and no-tye pillows. With the assistance from FCS 4-H Coalition members and volunteers, each 4-H'er completed at least two projects. A fun time was had by all – including Johanna!



### Master Wellness Volunteer Training

Wenhsing Cheng, Dallas County, Carrie Brazeal, Collin County, and Lexie McGrane, Rockwall County, joined forces to conduct Master Wellness Volunteer Training that took place at the Texas AgriLife Research and Extension Urban Solutions Center in Dallas. Twenty-nine volunteers received 40 hours of education in health and wellness. All passed their certification exam in March and will pay back 40 hours of service. These volunteers consist of retired teachers, health care professionals, worksite wellness staff, community volunteers, Master Gardeners, Master Naturalists, a Lifestyle Coach, etc. One volunteer shared her success story with Wenhsing two weeks after the training and said, "I have changed my eating habits for the bet-

ter and I always thought I was a health nut before:)... I am down 3 pounds which is great and my husband is eating healthier too. We hardly eat salt now, no desserts when at home, 2 veggies a night now even if it just added baby carrots to dinner and almost all whole grains."



### Mini-PRIDE

Wenhsing Cheng, Dallas County, partnered with Carrie Brazeal, Collin County, and Maggie Jover, Denton County, to conduct monthly Mini-PRIDE Training for foster parents of their relative children. Since January, fifty-one parents completed the 8-hour training that addressed topics ranging from attachment issues, loss issues, effects of abuse and neglect, sexual abuse, and the effects on the family of fostering and adopting. Also, Wenhsing Cheng facilitated a Spanish Mini-PRIDE Training with five parents in attendance. Mini-PRIDE is a joint effort between Extension and the DFPS.

## District 5

District 5 would like to welcome Christie King, County Extension Agent - Family and Consumer Sciences in Sabine County. Christie participated in First Step in Jasper County on October 2010. She began her FCS position in Sabine County on November 4, 2010. Her areas of interest are in Health and Nutrition. She has already implemented several successful programs such as, Balancing Food and Play, Do Well Be Well with Diabetes, and a Chronic Disease Self-Management Program.

Karen Tucker retired from the Family and Consumer Sciences position in Nacogdoches County on March 31, 2011. Karen started her career with Extension in Upshur County in July 2000 and transferred to Nacogdoches County in 2003. She had 10 years and 9 months of service with Extension. District 5 will miss having Karen as a co-worker!



Pineywoods Herb Farm – 3 Cherokee County Master Gardeners and Horticulture Agent, Kim Conway traveled with the TEEA

members of Cherokee County (17 TEEA members & 1 FCS Agent) to the Pineywoods Herb Farm in Kennard Texas. Each spring the Cherokee County TEEA clubs take an East Texas area tour to learn something new about East Texas. Even our young at heart member at age 96 went with us. Horticulture agent discussed methods of growing and maintaining various herbs, lunch was served made with fresh herbs and, of course, we all had the opportunity to purchase plants to try growing these herbs ourselves.



## **Cherokee County – Wendi Green**

Rusk ISD Health Fair For Kids – Rusk ISD, RUSK SHAC, and Texas AgriLife Extension Service collaborated to hold the educational event. The fair was held on the Friday before students were released for Spring Break. Youth that participated included Pre-K through 8<sup>th</sup> grade – over 1600 youth and 64 teachers were involved. As each participant came through the exhibit, they learned ways to add more fruits and veggies to their plates. Master Wellness Volunteer Linda Cryer assisted with the day long event discussing handwashing with the youth as they rotated through the 15 sessions set up outside.



through the exhibit, they learned ways to add more fruits and veggies to their plates. Master Wellness Volunteer Linda Cryer assisted with the day long event discussing handwashing with the youth as they rotated through the 15 sessions set up outside.

## **Anderson County – Holly Black**

Texas AgriLife Extension partnered with the Palestine Resource Center to offer a “Fit and Fun” lesson to local child care centers and afterschool programs. The interactive lesson included a segment on physical activity and nutritious snacks. The children participated in



physical activity games and prepared their own “Smiley Face” sandwiches.





The Palestine Resource Center and the Anderson County Diabetes Coalition held a Diabetes Health and Safety Fair. Texas AgriLife Extension had booths including: Do Well, Be Well with Diabetes, Walk Across Texas, and Child Passenger Safety. Assistance was given by Master Wellness volunteers. Over 400 participants attended the Health and Safety Fair.



## **District 6**

District 6 FCS agents held a professional retreat on April 12-14, 2011 in Lubbock. The Planning committee was Charlene Belew, of Glasscock, Karla Canada of Martin, Evans Kott of Brewster/Jeff Davis, and Joanna Pack of Andrews. Members participated in tours, educational workshops, District VI TEAFCS meetings, Administrative updates, and programmatic idea sharing. Members participated in the following events and tour: Breedlove Foods, Texas Tech University Animal and Food Science, TTU Apparel and Manufacturing Department, made an appliqué item, and the American Cotton Grower Denim Mill. Members enjoyed the time together, learning and sharing information. Our next meeting will be in May.

Exciting news Joanna Pack had a baby boy. Congratulations Joanna and family.

## **District 7**

As time continues to pass, all FCS agents in District 7 are diligently working to prepare for the 2012 TEAFCS State Convention.

Speakers, programs and decorations are being contacted, planned and collected to make 2012 the best state convention ever.

**Don't forget:**

**"Sail Away to Horseshoe Bay"**

## **District 9**

Marilyn Simmons  
County Extension Agent - FCS  
Galveston County

In January of 2009, Rozzie Cloud, Nutrition Educator for Dickinson ISD attended the Galveston County *Better Living for Texans* Advisory Committee meeting for the first time. She was not familiar with Texas AgriLife Extension Service and was surprised to learn what BLT offered for parents, students, and staff. From that initial introduction to BLT, we now provide a monthly one page nutrition newsletter (one side in English the other in Spanish) for students and their parents in eight elementary schools. We also merge resources to provide evaluation series classes during the fall and spring semesters for parents and nutrition activities for children.

The joint venture between Galveston County BLT and Dickinson ISD Child Nutrition was written about in the April 2011 edition of *TASNews*, a publication of the Texas Association for School Nutrition. It was suggested in the article that if a school district needed assistance with nutrition education that they contact their local County Extension Agent for Family and Consumer Sciences.

Our success with the Dickinson ISD has encouraged other school districts to discuss options for collaboration. We look forward to future doors opening and to the opportunities ahead.

## **District 11**

Ninety-seven parents from Mathis, Taft, Sinton, Aransas Pass, Rockport, and Orange Grove participated in the "To Educate is to Communicate" Building Self-Sufficient Families Annual Parenting Conference. Topics included: "Bullying," "Parents Taking Back Control," "Smart Snacking"



and “Healthy Relationships.” 100% of the Conference participants planned to adopt at least one concept learned during the conference. One participant commented that she was glad that she had the opportunity to attend the conference because it really was very helpful and informative.

Over one hundred participants attended the 1<sup>st</sup> Annual Pink Event Friend to Friend Party & Luncheon. Darlene Menn presented the keynote address on the importance of a Mammogram and Pap test. It was stressed that early detection was the key to survival. Table monitors led discussions about the importance of screening. Participants were encouraged to sign commitment cards stating when they planned to get their screenings completed. Twenty-two exhibitors provided information about women’s health issues. Participants received free blood pressure checks, body mass index and bone density screenings.



In coordination with Dr. Jenna Anding, a task force consisting of Vince Mannino, Maria Rangel, Sandy Fry, Shari Graham, Sharon Trower, Diana Weise, Kathy Farrow, Sally Garrett, Jenifer Boening, and Marilyn Simmons planned and are currently conducting a South Region pilot project for Home Food Preservation. Ten agents have agreed to participate in the pilot to test materials with clientele and provide feedback in order to be able to provide training and materials to agents statewide. Participating agents include Liz Trejo, Courtney LaTour, Tonya Poncik, Lindy Pitre, Meredith Henry, Linda Mock, Julie Ketelsen, Janis Pfeffer, Amy Glen-O'Brien, and



Dianne Gertson. Topics include: Evaluating/Selecting proper methods, Introduction to Home Food Preservation, Canning Basics, Jams & Jellies, Tomatoes & Salsas, Pickles, Vegetables, Freezing Foods and Dehydration of foods. Hands-on activities and practice are included for agents to share with clientele . . . stay tuned!!!

On April 18, 2011 Jenifer Boening, Fayette County Program Assistant-FCS and Sally Garrett, Fayette County Extension Agent-FCS conducted a 2 hour child care curriculum training workshop for 8 county child care providers on *Color Me Healthy*. *Color Me Healthy*, a preschool curriculum developed by NC Cooperative Extension & NC Division of Public Health, is designed to reach children ages 4 and 5. The curriculum provides fun, innovative, interactive learning opportunities on physical activity and healthy eating. This program is designed to stimulate all of the senses of young children: touch, smell, sight, sound, and taste. Through the use of color, music and exploration of the senses the curriculum teaches children that healthy food and physical activity are fun. One activity demonstrated how the providers could use classroom cooking activities with the children so that they could create their own healthy and fun personal pizzas. A variety of vegetables, low fat cheeses and meats were provided.

*Color Me Healthy* also reaches out to families with a series of newsletters that reinforce the



message the children are learning in the classroom and parent posters. The newsletters are designed to provide families information on healthy eating and physical activity such as how families can be active together or how to encourage more fruit and vegetable consumption.

## **District 12**

### **Teaching Youth about Table Etiquette**

On March 25, 2011 Celia Salinas, Brooks County FCS Agent conducted a program on table etiquette and basic table settings with Pre-K and Kindergarten students at La Gloria Elementary. The youth of La Gloria Elementary were learning things with the Letter "E" and Etiquette was a big issue for the school teacher. Agent Salinas provided an interactive pro-

## HIGHLIGHTS FROM AROUND THE STATE

gram; teaching the students the basics of table etiquette and manners.

The agent provided the required dishes and utensils. The students learned the purpose of every piece of tableware and specifically when to use each plate, fork, spoon, etc. Agent Salinas really enjoyed this program and state "I enjoyed watching these young children learn how to set a table, and set their utensils in the correct order. They practiced the use of a napkin, and passing the salt and pepper shakers as well as the bread rolls. Watching them butter their rolls with pure concentration and poise was very amusing and they were just too cute. We emphasized tearing off an appropriate size suitable for their small mouths and they did so with such ease." The agent worked with 19 students; 4 Pre-K and 15 Kindergarten. An evening setting was established and the students were informed that they would be learning how to properly act during an evening of dinner and dance. All the students were asked to dress in their Sunday's Best and their evening of dinner and dance took place during Lunch and PE.



### *Calling Recent Retirees (including those who plan on retiring by August 31, 2011)*

*Are you planning on attending TEAFCS to be recognized? Please make sure that your District TEAFCS Director has your contact information, or send your information to me,*

*Marian Ross*

*[m-ross@tamu.edu](mailto:m-ross@tamu.edu)*

*See you in Fredericksburg*

*July 26-28!*

## Mark Your Calendars

Don't forget . . .

TEAFCS annual sessions:

2011 - District 10, Fredericksburg, July 26 - 28

2012 - District 7, Horseshoe Bay, July 24 - 26

2013 - District 12

2014 - District 9

NEAFCS annual sessions:

2011 - Albuquerque, NM - September 26-30

2012 - Columbus, OH September 24-28

2013 - Galaxy - Pittsburgh, PA

2014 - Southern Region



## 2011 TEAFCS Conference July 26-28 Fredericksburg, TX

We invite you to share a fun filled educational state association meeting that promises to generate ideas, enrich your programs and relax you as you “Piece It Together: Family, Home and Work”.

Along with the educational workshops on the go, we will be offering sessions with speakers from: Randolph Brooks Federal Credit Union, Texas Beef Council, Dell’s Children’s Hospital, Texas Bike Coalition and Extension Human Resources Office. Don’t forget to bring your family members to enjoy the sights and sounds of Fredericksburg.



2011 TEAFCS State Meeting  
July 26-28, 2011  
Fredericksburg, Texas



Piecing It Together: Family, Home & Work

Registration Packet

Registration Form .....	2-3
Meeting Schedule .....	4
Speakers.....	5
Educational Workshops.....	6
Workshops on the Move.....	7-8
Hotel Reservations .....	9
Other Information.....	9

## Registration Form (pg 1 of 2)

▪ TEAFCS 2011 MEETING ▪ FREDERICKSBURG, TEXAS JULY 26-28, 2011 ▪

### 1. ATTENDEE INFORMATION

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

#### Badge to Read:

Name: \_\_\_\_\_

County: \_\_\_\_\_

Please check the category that best applies to you:

- Agent  
 Retiree  
 Administrator

This is my first TEAFCS State Meeting, and I plan to attend the First Timers Lunch on Tuesday, July 26, 2011

Yes  No

#### Special Services:

Do you require special accommodations to fully participate?  Yes  No

If yes, please attach a written description of your needs.

### 2. REGISTRATION FEES

Early Bird Registration (Post-marked by June 24) \$160.00 \_\_\_\_\_

Registration (Post marked by July 8) \$200.00 \_\_\_\_\_

On Site Registration \$250.00 \_\_\_\_\_

Day Participant – Tuesday Only (add \$40 for onsite registration) \$75.00 \_\_\_\_\_

Day Participant – Wednesday Only (add \$40 for onsite registration) \$90.00 \_\_\_\_\_

Day Participant – Thursday Only (add \$25 for onsite registration) \$65.00 \_\_\_\_\_

Past Presidents Reception \$20.00 \_\_\_\_\_

#### Guest Tickets

Guest Tickets for Luckenbach BBQ \$25.00 \_\_\_\_\_

Guest Tickets for Awards Banquet \$25.00 \_\_\_\_\_

**Total** \_\_\_\_\_

Cancellation of Pre-registration must be made in writing before July 15, 2011. A canceled registration after this time will be assessed a \$50.00 handling charge. The canceled registration fee will be returned after the meeting. To cancel a registration, contact Carissa Wilhelm, Caldwell CEA-FCS, 1403-B Blackjack, Lockhart, TX 78644.

### 3. PAYMENT INFORMATION:

Mail your completed Registration Form, along with payment (check or money order), to the address below. Please make check payable to **D-10 EAFCS** (W-9 Form is available upon request)

Texas AgriLife Extension Service  
c/o Carissa Wilhelm  
1403-B Blackjack  
Lockhart, TX 78644

CAWilhelm@ag.tamu.edu  
512-398-3122

## Registration Form (pg 2 of 2)

▪ TEAFCS 2011 MEETING ▪ FREDERICKSBURG, TEXAS JULY 26-28, 2011 ▪

Name: \_\_\_\_\_

County: \_\_\_\_\_

### Workshops on the Move - Wednesday, July 27 (Please rank in order of preference, 1-5)

\_\_\_\_\_ Sweet and Spicy

Will you be attending The Economics of  
Fredericksburg – The Key to Success?

\_\_\_\_\_ RED & Haberdashery

Yes

\_\_\_\_\_ P.Y.O.P (Pick Your Own Peach)

No

\_\_\_\_\_ Stress Less

\_\_\_\_\_ Vineyard Tour

### Educational Workshops - Thursday, July 28 (Please rank in order of preference for each time slot)

9:00 am

\_\_\_\_\_ Girls Gone Grilling

\_\_\_\_\_ Childhood Obesity Prevention

\_\_\_\_\_ Bicycle Safety

\_\_\_\_\_ Applying for State Awards

10:30 am

\_\_\_\_\_ Four Ingredient Cookbook

\_\_\_\_\_ Your Extension Benefits

\_\_\_\_\_ Latte Factor

\*see attached pages for more information on each Workshop on the Move and Educational Workshop

## Meeting Schedule

### Tuesday – July 26, 2011

- 8:00 - 5:00 Registration
- 9:00-12:00 Tour Area Attractions
- 9:00 - 10:00 Executive Board Meeting
- 10:00 - 12:00 Summer Board Meeting
- 11:30 Lunch on Your Own
- First Timers Luncheon
  
- 11:30 - 5:00 Exhibits
- 1:00 - 2:30 Administration
- 2:30 - 3:00 Break
- 3:00 - 4:00 Keynote Speaker
- 4:00 - 5:00 Hospitality
- 5:30 Luckenbach Dinner



### Wednesday – July 27, 2011

- 8:30 - 10:00 Business meeting
- 10:00 - 10:30 Break / Load for Workshops
- 10:30 -12:30 Workshops on the Move
- 1:00 -2:00 Lunch on your own
- 2:30 - 4:00 The Economics of Fredericksburg
- The Key to Success
- 4:30 - 6:30 Hospitality at RED
- 307 East Main St.
- 5:30-6:30 Past Presidents Reception – Hospitality Suite
- 6:15 Award Pictures
- 7:00 Banquet



### Thursday – July 28, 2011

- 8:00-9:00 New Board Meeting
- 9:00 - 10:00 Educational Workshop
- 10:00 Break
- 10:30 - 11:30 Educational Workshop
- 11:30 - 12:00 Capnote Speaker
- 12:00 Invitation to 2012
- Box Lunches To Go



\*subject to change



## Speakers

---

### **Suzie Humphries – Keynote Speaker**

Suzie Humphreys has been fired, been broke, been disappointed, been a petrified expectant mother at 40 years old and lived her life with a passion for learning not only how to be better, but to see things differently.

She lifts, jolts, and nurtures her audiences and they love every minute of it! She makes them laugh until they swear they can't laugh anymore....then she "grabs" them again!

Suzie's gift is in touching the emotions of her audience through her own stories. Stories that hold humor and the enchantment of a deeper message revealed by an event or a set of circumstances, seeming at first glance to be happenstance, but upon closer inspection ...intended or ordained. She brushes the memory of her audiences yesterdays ...dreams long past forgotten and hopes now fulfilled.

---

### **Lindy Segall – Banquet Speaker**

Lindy Segall is convinced each and every one of us can become a better public presenter, regardless of age, experience or level of stage fright. As co-founder of "Professionally Speaking," Lindy is best known for a relentless dedication to helping folks express themselves clearly and authentically, while telling a memorable story.

---

### **Jim Kern – Capnote Speaker**

In this speech, used many times as a keynote speech for conferences, Jim reminds each participant of five 'tried and true' tenets, and invites every person into an interaction to illustrate these valuable insights. Let Jim remind your group of: 1) the importance of the people in our lives (treat your wife/husband with at least as much kindness as that clerk at the convenience store), 2) the precious, priceless nature of children, 3) the value of treating differences as gifts, 4) our unrelenting need to keep changing throughout our lives, and 5) the ability to treat 'how we feel' as important.

---

### **The Economics of Fredericksburg**

Fredericksburg has been used as an example of economic success in small-town Texas. Participate in a discussion lead by Daryl Whitworth, fifth generation rancher and Assistant Director of the Fredericksburg Convention and Visitor Bureau as he shares information on how the community has evolved over five decades from an isolated German burg into a regional medical center and national destination.

## Educational Workshops

### **"Girls Gone Grilling" - Roger Hall - 9:00 am**

This workshop is designed to empower women with grilling knowledge. Roger Hall, Texas Beef Council's grill master, will take you through everything you need to know to grill the perfect steak. From choosing the right cuts, rubs and marinades, determining doneness, and many more helpful grilling tips. So ladies grab your aprons and let's get grilling!

### **Childhood Obesity Prevention at the Community Level - Dr. Kimberly Avila Edwards - 9:00 am**

Did you know that obese kids have an 80% chance of staying obese their entire lives? This session, led by Dr. Kimberly Avila Edwards, with the Texas Center for the Prevention and Treatment of Childhood Obesity at the Dell Children's Medical Center, will focus on early childhood obesity prevention steps and how advocacy at the community level can help your child live a stronger, healthier life

### **Bicycle Safety - Texas Bicycle Coalition- 9:00 am**

Anyone can get hurt ... It's estimated that more than 1.5 million bicyclists seek medical treatment each year. The BikeTexas mission is to advance bicycle access, safety and education. In this session, BikeTexas staff will introduce participants to the bicycle and pedestrian safety resources available through BikeTexas. Discussion of Texas Laws and basic bicycle safety principals will help the participants to enjoy bicycling and enable them to share this information with others. BikeTexas will also share ideas on the future of transportation and how bicycling fits into creating healthy, livable cities.

### **Applying for State Awards - Wendi Green & Michelle Allen - 9:00 am**

Join Michelle Allen, 2010-2011 TEAFCS Awards Chairman and Wendi Green, 2009-2010 TEAFCS Awards Chairman as they encourage you to apply for awards. They will give you details about each award, share examples and give you tips on making a winning application.

### **Four Ingredient Cookbook - Linda Coffee & Emily Cale - 10:30 am**

Save Time & Money! Authors Linda Coffee and Emily Cale will teach you the concepts behind their Four Ingredient cookbook series. Their menu ideas are a perfect alternative for those who have too little time for meal preparation or wish to spend less money eating out - in short, all of us! The ease of preparation, simple shopping and minimal storage required for our cooking style make these cookbooks ideal for: working parents, busy singles, college students, RV & camper cooking, senior citizens and young people just learning to cook. Participants will also receive information on the Dinner Tonight program. Cookbooks will be available for purchase after the program.

### **Your Extension Benefits - Dana Daugherty - 10:30 am**

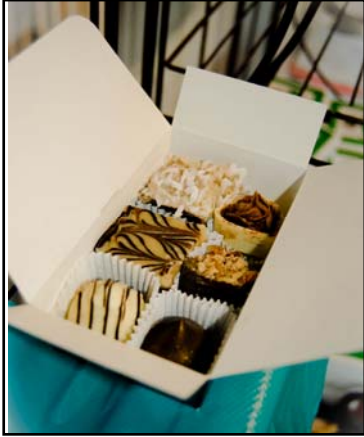
Let Dana Daugherty, Texas AgriLife Extension Service Senior Employee Benefit Representative, tell you about program such as the Health Care & Day Care Spending accounts and retirement information. Open Enrollment will still be available so you will be able to make changes to your benefits after this session.

### **Latte Factor - Elda Olvera- 10:30 am**

How much does your guilty pleasure add up to each week, month, or year? This session encompasses the basics of saving, investing, money management, budgeting and credit. Elda Olvera-Financial Education Manager with Randolph-Brooks Federal Credit Union will cover different savings and investment options, and show how risk and the potential for return correlate. Participants will also learn the do's and don'ts of choosing and managing credit.

## Workshops on the Move

### Sweet & Spicy



- Let Chocolat add sweetness to your life and Fishcher and Wieser provide some spice as we tour these two well known food companies. Chocolat (<http://www.chocolate.tx.us>) is famous for their liquid center chocolates, but also makes wine, coffee, and fruit nectar chocolates.

- Fischer & Wieser <http://www.jelly.com> creates the most popular specialty sauce in Texas, Roasted Raspberry Chipotle Sauce, as well as mustards, sauces, jellies and salad dressings. They are "turning nature's bounty into some of America's favorite pantry items." So join us as we

discover insider tips on marketing, manufacturing, and food safety regulations for small businesses.



### RED & Haberdashery

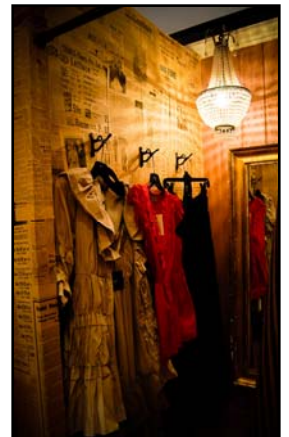
Whether its home furnishings or clothing you will have the opportunity to learn firsthand the latest trends in modern design as you experience the current trends in color and textiles. At the same time you will learn ways to combine the new with that not so new look to create a vintage look with style & class.



- RED is a home furnishings shop that offers modern lines. Vintage finds & gifts to make your head spin! It will make you think of excitement, passion, pizzazz, energy, love and ...hearts, the hearts of all who are touched by red in some way. General Manager & buyer Carolyn Moore's design work has been featured on HGTV, in DIY Magazine & more.

- Haberdashery, a Vintage-Modern Boutique offers a fabulous selection of International designers, unique and artsy designers from California to New York and even

some very local designers from Texas. Jill was inspired to open her own shop because of her struggles with trying to find clothing that would fit her curvy body type. She now only carries clothing that she would wear herself. She strives to create unique looks that are beautiful, classic and feminine.



## *P.Y.O.P (Pick Your Own Peach)*



Whether you call them Fredericksburg Peaches, Stonewall Peaches or Texas Hill Country Peaches they are all delicious! Marburger Orchard has been a Hill Country peach tradition for 32 years. Marburger also produces strawberries, blackberries, and vegetables. This workshop will explore the orchard, and give you a behind the scenes look at marketing and production methods, and give you the opportunity to take home the best quality fruit nature can provide. Marburger Orchard takes great pride in their well maintained orchard which provides the greatest ease of picking and enjoyment! This tour will not cost anything but bring cash or a check so you can take home some Fredericksburg peaches (no credit cards). Check out their website at <http://www.marburgerorchard.com/>.

## *Stress Less*



Are you feeling some stress during the day? Is your busy schedule keeping you from resting at night?

Come enjoy the many benefits of exercise through shaping, sculpting and stretching, deep breathing and many other stress reducing and wellness activities with Kim Thorton, Registered Dietician with the Hill Country Memorial Wellness Center. Athletic attire is recommended.



## *Vineyard Tour*



Becker Vineyards, one of the largest wineries in the state, is nestled between Fredericksburg and Stonewall. Come see a behind the scenes tour showing the process grapes take from harvest to the bottling line. You will have the opportunity to taste the hand-crafted award winning wines and hear about the marketing practices behind this premier Texas Hill Country winery.



## HOTEL RESERVATIONS

Inn on Barons Creek Spa and Conference Center  
308 South Washington Street  
Fredericksburg, Texas 78624  
830-990-9202 • 866-990-0202 • 830-990-2582 (fax)

Hotel reservations with ***Inn on Barons Creek Spa and Conference Center*** must be made by calling ***1-866-990-0202*** before ***July 8, 2011***. When making your reservation, you must identify yourself with the ***Texas Extension Association of Family and Consumer Sciences*** in order to receive the ***state rate (\$85.00 for double occupancy. An additional \$15/person will be added for anything over double occupancy).***

Complimentary full breakfast bar will be served daily at the hotel.

More information on the hotel can be found at <http://www.iobc-tx.com/>



## Other Information

### **Luckenbach Dinner**

These days Luckenbach Texas is a state of mind – A Texas state of mind, where you can kick back, relax and get away from the hustle and bustle of everyday life—like a step back in time. This tiny hill country hamlet where “Everybody’s Somebody” was established as a Trading Post in 1849 making it one of the oldest settlements in Gillespie County. Join us in Luckenbach and be SOMEBODY for the evening. Luckenbach is famous for good music and cold drinks. Tuesday evening, we will have some delicious home cooking, the tables will be set with cards and dominoes and as an extra treat, it is “open mic night” and you never know what future “Texas Legend” will be at the mic. Dress is casual and cool!!



### **Exhibits:**

We will have a variety of exhibitors on site, including some with fabulous merchandise. Bring cash or check so you can get your fair share of items.